









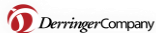



<div>  <h1>Senior Services of Northern Kentucky Chilled Menu - October 2013</h1>  </div>					
	Monday	Tuesday	Wednesday	Thursday	Friday
BOX		1	2	3	4
LUNC	October is: National Diabetes Month Breast Cancer Awareness Month Lupus Awareness Month Domestic Violence Awareness Month Clergy Appreciation Month Adopt a Shelter Dog Month American Pharmacist Month Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)	Pork Cutlet w/ Gravy - 9003 Diced Beets Green Beans Whole Wheat Bread / Margarine Pineapple Tidbits Teddy Grahams	Beef Taco Salad - 9313 Lettuce, diced Tomatoes Shredded Cheese, Sour Cream Corn Tortilla Chips Peach Dessert Mild Taco Sauce	Pineapple Ham Steak - 9094 Sweet Potato Patties (2 ea) Peas Dinner Roll / Margarine Cranberry Juice Sponge Cake	Chicken Potato Casserole - 9315 Broccoli (2 servings) Whole Wheat Bread / Margarine Petite Banana Animal Cookies 
H					
CYCLE					
WEEK					
6			National Custodial Workers Recognition Day		 Newspaper Carrier Day National Golf Day
BOX	7	8	9	10	11
LUNC	Spaghetti & Meatballs - 9035 w/ Marinara Sauce Italian Vegetables Spinach / Vinegar Dinner Roll / Margarine Peaches	Swiss Steak - 9088 w/ Tomatoes, Onions, Peppers O'Brien Potatoes Wheat Dinner Roll / Margarine Pears Animal Cookies	Broccoli Cheddar Chicken - 9031 over Rice Corn Carrots Whole Wheat Bread / Margarine Pineapple Tidbits 	Roast Turkey w/ Gravy - 9005 Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Applesauce Angel Food Cake	Beef & Noodles - 9008 w/ Gravy Green Beans Corn Whole Wheat Bread / Margarine Fresh Orange
H					
CYCLE					
WEEK					
7	World Smile Day		Emergency Nurses Day	National Angel Food Cake Day	
BOX	14	15	16	17	18
LUNC	Italian Chicken - 9042 w/ Marinara Sauce Spaghetti Turnip Greens / Vinegar Vegetable Normandy Cranberry Juice Goldfish Graham Crackers	Hamburger - 9071 Baked Beans Broccoli Swiss American Cheese Bun Pineapple Tidbits Mustard / Ketchup	Smoked Turkey Sausage w/ Sauerkraut - 9055 Mashed Potatoes Green Beans Rye Bread (2 slices) Margarine Fruit Cocktail Mustard 	Grilled Chicken w/BBQ Sauce - 9049 Potato Wedges Broccoli w/ Cheese Bun Applesauce	September Birthday Celebration Salisbury Steak w/Gravy - 9029 Parslied Potatoes Mixed Vegetables Whole Wheat Bread / Margarine Peaches Chocolate B'day Cake 
H					
CYCLE					
WEEK					
1	Columbus Day	White Cane Safety Day	NATIONAL BOSS' DAY		
BOX	21	22	23	24	25
LUNC	Chili w/ Spaghetti - 9064 Vegetable Medley (2 servings) Cheddar Cheese Saltine Crackers (2 pks) Peaches	Baked Chicken w/ Gravy - 9075 Herb Dressing Broccoli Cauliflower Whole Wheat Bread / Margarine Strawberry Applesauce	Country Fried Steak - 9063 Potato Wedges Green Beans Fresh Orange Dinner Roll / Margarine Chocolate Cake 	turkey Ham & Beans - 9062 Mixed Vegetables (2 servings) Cornbread / Margarine Fruited Jello Goldfish Graham Crackers 	Italian Sausage - 9038 Savory Tomato Sauce Spaghetti Italian Vegetables Pineapple Dessert 
H					
CYCLE					
WEEK					
2	Babbling Day	National Nut Day	National Mole Day (6.02 X 10 ^ 23)		Frankenstein Friday
BOX	28	29	30	31	
LUNC	Chicken & Rice w/ Gravy - 9023 Broccoli Carrots Whole Wheat Bread / Margarine Pears	Bar-B-Q Sauce with Shredded Beef - 9051 Peas and Onions Potato Wedges Bun Peaches	Chicken Carmela - 9041 in Savory Tomato Sauce Spaghetti Italian Vegetables (2 servings) Dinner Roll / Margarine Applesauce	Monster Meatloaf - 9072 Ghouls Gravy Mummy Mashed Potatoes Black Cat Carrots Werewolf Wheat Bread Mr. Hyde Mixed Fruit Crypt Keepers Cookies	Sweetest Day is the 19th and was started by Herbert Birch Kingston, a Cleveland, Ohio philanthropist. In 1922 he started this holiday by giving candy and small gifts to orphans, shut-ins and under-privileged, to show they were not forgotten.
H					
CYCLE					
WEEK					
3				HALLOWEEN CELEBRATION	Boss' Day dates back to 1958. Patricia Bays Haroski, an employee at State Farm Ins. Co. in Illinois registered it with the U.S. Chamber of Commerce. The date was chosen because it was her father's birthday. He was her boss.